OPEN Arms

September 1997 * Vol. 9 Number 9

P.O. Box 845 Mishawaka, IN 46546

WHISTLE STOP SEASON OVER

Another softball season is over with and I for one am looking forward to next year. I know "whistle stop" did not win very many games, but winning isn't always important. What was important to me was the new friendships formed, the feeling that no matter how bad it got, "the team stuck together," AND OF COURSE OUR SUPERB COACH. It's unusual for a coach to say "IT'S JUST A GAME AND WE ARE HERE FOR FUN" while the other teams coaches and fans are yelling at them.

We did have some outstanding plays and some not so good ones, but to me, sticking together, helping and encouraging each other is what makes the team. I feel that "Whistle Stop" played harder than any other team because of the teamwork displayed on and off the field.

I would also like to thank our "Loyal" fans for showing up, encouraging us on, and even freezing in the early spring. It means a lot to the players to know the fans are behind them under any circumstance. I hope you enjoyed the show we put on for you and maybe you got a few laughs out of it.

I also want to thank my teammates for all the support and encouragement. There were times when I felt the team was playing against itself. Then something would happen and we would pull together again. When we were down 12 to 0, I thought that we could make up the difference. That's when the team suddenly gelled together and nothing could get past "Whistle Stop."

For those of you who did not make a game (for one reason or another) it's ok. Whistle Stop still felt your support and well wishes. Well, thanks again for a "great" season.

A SOFTBALL PLAYER

NOTRE DAME SOCCER TOURNEY

N.D. women are ranked 2nd in the preseason for the third straight year by the National Soccer Coaches Association of America. Notre Dame opponents include, North Carolina, ranked # 1, Portland # 3, Connecticut # 4, Wisconsin # 10, and Duke # 16.

N.D. will meet N. Carolina, Portland and Duke in a tournament on SEPTEMBER 19, and SEPTEMBER 21 here at home.

We apologize for the delay in the delivery of the newsletter this month. This was due to vacations and other commitments. We are sorry if this has caused any undue stress.

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LOOK FOR SPECIAL SINGLES EVENTS INFORMATION ON PAGE 2

N.D. VOLLEYBALL

The Big East coaches unanimously pick the Irish as the preseason favorite to win the Big East Regular season title. The Irish received all 11 first place votes.

Home schedule is on page 2

ROOMMATE WANTED

Professional female looking for female roommate to share split level house and two car garage located in Mishawaka

$435.00 per month plus 1/2 utilities

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OPEN ARMS DEADLINE/MEETING

The deadline for the October newsletter is Sept.16th. Submissions received after Sept.16th may not be published in the October newsletter. Mail submissions to Open Arms, P.O. Box 845, Mishawaka, IN or give to any staff member. There will be a newsletter meeting Sept 14, 6:30 p.m. For more information call or e-mail any staff member.....

E-mail address	mdills@juno.com
E-mail address	suze3@juno.com
Jean.....	219-259-2177
Kaye & Marcia.....	219-271-0338
Suze.....	219-254-8676 (beeper)

FEMALE ROOMATES WANTED

35 to 45 years of age

$40.00 weekly, excluding groceries located 1/4 mile from Notre Dame on Edison

Call Jo at 219-235-4003

and leave message on the voice mail

community events

September 13, 7:30p.m.....Mountain Moving Coffeehouse for Womyn & Children.....1650 West Foster, Ebenezer Lutheran Church, Andersonville, Illinois(773-973-9934)...presents Karen Williams, "the diva of comedy." Karen hilariously explores her life as a long-time lesbian mom and former secretary. This program will have a lot of laughs and a hearty dose of loving, healing energy!

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September 19, Third Friday Out, 6:30 P.M. (Ind. time)..... Loco's on Western Ave., South Bend..... RSVP Lori/Sherrill by Sept. 16th 616-684-6913

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SINGLES OUTINGS!!!

Saturday, September 20, Meal/Movie at 4:00pm at the Scottsdale Mall. Meet at the foodcourt to dine and determine what movie to see. Look for the rainbow.

Any questions??? call Janine at 219-259-5111 or Debbie at 616-687-9535

UPCOMING ACTIVITIES:

Saturday, October 4, Womyn's weekend in Saugatuck. Spend the day sightseeing in Saugatuck, then enjoy dinner & dancing at the Sir Douglas Dunes. We will meet at 12 noon at Southside C. Church to carpool or caravan.

November 8 or 15 (we will know for sure next month) A Potluck/Game night, probably to be held at Southside C. Church. Planned for 5 p.m.

December 6, Bowling at Chippewa Lanes (more on this event next month)

Although these activities are being planned with single womyn in mind, no one is excluded and everyone is welcome

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OCTOBER 10, instead of 3rd Friday Out, there will be a Hay Ride from 8 to 10 p.m. at Bendix Woods. Cost is $5.00 per person and will include snacks. This event is for couples & singles.... reservations requested by October 3rd or for more information call Lori/Sherrill (616-684-6913)

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Jamie Anderson concerts near here

October 11, in Kalamazoo at Western Michigan University

October 17, in Lansing at the Real World Emporium

OCTOBER 11,
NATIONAL COMING OUT DAY.....API Theater in Kalamazoo presents
"A Masquerade of Rhymes" for more info 616-343-8090

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October 25, 7:30p.m.....Mountain Moving Coffeehouse presents the Artemis Singers/ Bread & Roses Chorus to celebrate the Holloween season. Music for and by women varying from ancient chants to Sweet Honey in the Rock to the Roaches!

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November 8, 7:30 p.m.....Mountain Moving Coffeehouse presents Deidre McCalla, a witty, warm, wise and wonderful singer-songwriter-guitarist.

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December 6, ...Mountain Moving Coffeehouse will have their 16th Mid-Winter Crafts Festival from 11a.m. to 6 p.m. There will be artisans and merchants from all over the country selling merchandise.

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NOTRE DAME VOLLEYBALL

Sept. 8, 7:00p.m. .....vs. Florida
Sept. 19, 8:00p.m...vs. New Mexico
Sept. 20, 5:00p.m.....vs. California
Sept. 20, 7:30p.m...vs. Texas A&M
Sept.23, 7:00p.m..... vs. Marquette
October 3, 7:00p.m..... vs. St. John's
October 5, 2:00p.m..... vs. Connecticut
October 7, 7:00p.m.... vs. Illinois State
October 17, 8:00p.m..... vs. North Carolina
Nov.7, 7:00p.m..... vs. West Virginia
Nov. 9, 2:00p.m..... vs. Pittsburgh

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LESBIAN SUPPORT GROUP
EVERY TUESDAY.7-9 P.M.
FOR INFO: WRITE TO
LSG, P.O. BOX 1612, MISHAWAKA, IND. 46544

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PFLAG

(Parents & Friends of Lesbians and Gays)
Meetings are from 2 to 4 p.m. the fourth Sunday of the month at Christ the King Lutheran Church, Cleveland Road, South Bend. Info...Nancy Mascotte 219-277-2684 or write P.O. Box 4195, South Bend, 46634-4195

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BAGGAGE

Life was so simple when I came into the world. It was the only trip I ever took without baggage. I didn't own a thing and more important, I didn't give a hoot. What's happened? How have I turned into a turtle which needs the security of my patchwork shell of paraphernalia to survive?

Packing to move was a revelation. Unpacking is even more disturbing. I keep telling Lover I want to keep it simple, but can I bear to part with this shirt, that book? Just how many blankets/towels/washcloths/napkins/platters/mugs/rugs/jugs does one materialistic American dyke need? All of them, by golly.

How can I throw out a mug from my first Living Sober conference in San Francisco? And how can I get rid of the bird rug even if we have no wall space to hang or lay it? No! I can't part with that hideous peeling bookcase. It's unique. Are you kidding? What would I do without my old gray Sauconys. Sure they don't fit, but....

What, after all, are attics and basements for? I can hear Lover at this very moment heaving and hauling old furniture and boxes of beach rocks round in the basement.

"Do we need five boxes of styrofoam peanuts?" she didn't ask last night as she built a leaning tower of packing-material-we-night-need-some-day-and-besides-it's-not-ecological-to-throw-it-out.

Not only am I weighted down by enormous quantity of unnecessary possessions I've gathered in the past 52 years, they add weight with worry. Back in the valley, I packed photographs and manuscripts every summer to get ready for the lightning strike that would start the forest fire that would engulf our home within seconds.

Now it's the river across the street that bedevils me. Flood insurance is hardly security.

My family never had much in the way of heirlooms, but when my mother gives me some trinket that belonged to her mother or gadget that brings back the essence of my father — what can I do? I can perch only so many on bookshelves and the rest go into newspaper nests (gotta save those peanuts for the right occasions) and boxes in the attic.

These legacies are probably the worst offenders. As my mother ages she's jettisoning what she's treasured through her life. I feel a responsibility to preserve these choice items. Her apartment is emptying, our house is bursting at the seams. So I get to fill half the attic with utensils, dishes, linens. Maybe we ought to start a bread and breakfast. Or a thrift shop.

Yet, I took two van loads of discards to the dump. We gave away a small mountain of Stuff. We've got a box filling up with giveaways. We could have our own game show. I'll be host Chuck Woolery and Lover will be Vanna White. First prize is my 9-inch black and white TV set. There are no stations here anyway.

Get back to basics, that's what I long to do. But I'm not willing to do it without my baseball cap collection and my dog-eared paperback library.

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COURT OF FRIENDS

Okay, all you singles! Looking for that special someone? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another. Open Arms will run your ad for 2-3 months. You can resubmit/or cancel at any time.

Open Arms reserves the right to edit for length and/or content any letters submitted for publication.

Send your ad to:
The Court of Friends, P.O. Box 845, Mishawaka, In. 46546
You will be assigned an ID number. Your letter and ID number will be published in the next issue (depending upon when we receive your information). Those wishing to respond to a published single, may do so by enclosing their reply in a stamped, sealed envelope with the ID number written in pencil on the front of the envelope. Place your reply into another envelope and mail to the Court of Friends. Your reply will then be addressed to the corresponding single and mailed.

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#66 Hello! I'm a SWPF who although 40, has the spirit, desires and adventures of a 30 yr. old! I'm trying to discover that real womyn do exist who long to give and receive love, loyalty, fun and honesty. I love to walk the beach, bike ride, write poetry, dance and grow with new experiences. Desiring to meet new friends, share time and see if we connect for anything deeper. I'd be honored to hear from you and excited about exploring our options.

****

#67 Hi! I'm single, white, mid-forties woman, born and raised in the country. I am looking for a mature woman 40-50 who has her head on straight and is ready to open up and share her life with someone. Seeking someone who believes honesty and communication are more than empty words on a piece of paper. Some of my loves in life are but not limited to: different types of music, nature, animals, sports cars and just holding hands and cuddling with someone special. Love to dance but my feet get confused where to go. Please no druggies, BI's or players. Prefer no kids.

****

#68 SWGF seeking a woman with a deep sense of integrity, self-worth, a belief in God and who has a gentle spirit. Seeking a woman who is full of life, enjoys giving and receiving affection, enjoys the beach, conversation, bicycling, music, learning,reading, cuddling, and the list goes on.....
Please respond if you are under 40, substance-free, feminine, unattached and sincere.

****

#69 Hi! I'm a SWF, 45 years young, caring and affectionate, with unlimited interests; to name a few, dancing, music (all kinds), golf, weekend trips, and walks on the beach. Looking for someone to share fun times out with, or just a night cuddling to good music, movie and a good bottle of wine! Someone to make memories with. Honesty a must.

****

#70 I'm a romantic and I want to believe in forever. Hi! SWGF, mid-thirties, long hair. I enjoy things that make my heart feel good, like bringing flowers, candle-lit dinners, long conversations, and especially laughing. Tuff on the outside, soft-hearted inside. I am seeking someone who is intelligent, honest, sensitive, with a sense of humor and a little dry-wit on the side. If you believe in the possibilities of forever and growing old together, I'd love to hear from you. Age is unimportant.

****

HEALTH BEAT

YEAST INFECTIONS

When your body says yes to a yeast infection, you've got trouble. Trouble as in vaginal itchiness, burning sensations and a white cheesy discharge.

The source of the trouble is the fungus, Candida albicans. Normally, the vagina does a fine job keeping itself clean and maintaining just the right alkaline/acid balance to protect against infections. But any number of things can throw that balance off: chemical douches, spermicides, antibiotics, birth control pills or pregnancy. Once the balance is off, the fungus that causes candida-often present in women who have no symptoms-can go wild, multiplying until you're miserable.

To speed healing and prevent recurrences:

Skip milk and sugar. Studies show that eating a lot of dairy products, sucrose or artificial sweeteners-all of which lead to increased urinary sugar-can precipitate and aggravate a yeast infection. Yeast grows rapidly in sugar.

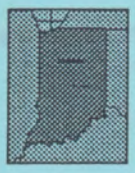
Take a sitz bath. Fill a tub with warm water and add 1/2 cup of vinegar to help rebalance the vaginal pH, which is usually reduced to less than 4.5 pH in yeast infection sufferers.

Always wear cotton-crotch panty hose and underwear. They're your best bet against vaginal infections. Cotton "breathes" better than nylon and other synthetic fabrics, allowing moisture to evaporate. The more that air can circulate, the less likely you are to develop infection.

Dry thoroughly after bathing. If your crotch area remains damp, the bacteria and fungi normally present in this area could multiply, invade vulnerable tissue and initiate an infection.

Use a condom. An unribbed, unlubricated condom may prevent you and your partner from passing the infection back and forth.

Resisting temptation is usually just a matter of putting it off until nobody's looking.



IN THE NEWS

from the USA TODAY.....

In San Francisco, there's always a battle for the defenders of gay and lesbian rights. A city ordinance requires companies contracting with the city or renting city property give domestic partners of unmarried employees the same health insurance and other benefits as spouses of married ones. The potential impact from the ordinance is enormous since the measure affects 16,000 firms, including business giants, such as TCI, Bank of America, IBM, Apple Computer, Chevron Oil, and Pacific Gas and Electric.

For the most part, the ordinance here appears to be gaining quiet acceptance. Thousands of companies have already agreed to provide domestic partner benefits. Nationwide, one in 10 companies provide benefits. But United Airlines and 24 other airlines contend in a lawsuit against the city that the ordinance violates federal law prohibiting local jurisdictions from interfering with the regulation of airlines. The Harvey Milk Lesbian Gay Bisexual Democratic Club is working with organizations in LA and Chicago, to prepare a national boycott against United Airlines.

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from OUTLINES.....

A new mutual fund has been launched that is being marketed directly at homosexual men and women. The fund only buys securities of companies with policies that it views as "gay friendly". Shelly Meyers, portfolio manager of the Meyers, Sheppard Pride Fund, said " we won't invest in companies unless they have a progressive policy towards gays and lesbians". The 37-year-old MBA, who describes herself as gay, said that her work in the investment industry convinced her there was a need in the market for such a fund.

Coming Year

by Lindalee M. T. Blake (un)

May you feel laughter
clear down to your toes
May you learn
all your mind wonders

May love touch your heart

May Light warm your soul

May Life spring
your spirit to dance
May this year thus unfold

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WHY WORRY??

There are only two things to worry about: Either you are well or you are sick. If you are well, there's nothing to worry about. But if you are sick, there are only two things to worry about: Either you get well or you die. If you get well, there's nothing to worry about. If you die, there are only two things to worry about: Either you will go to heaven or hell. If you go to heaven, there's nothing to worry about. But if you go to hell, you'll be so busy shaking hands with friends, you won't have time to worry!

ANON

September

1997

S	M	T	W	T	F	S
	1	2	3	4	5	6 Happy Birthday KIM K.
7 BEST WISHES, PHYLLIS	8	9 BIRTHDAY WISHES TO ANN T.	10	11	12	13 LISA O.'s BIRTHDAY
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 HAPPY BIRTHDAY JEAN M.				